

# Serenity Sentinel

FREEDOM

FAITH

FRATERNITY

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CAMP SERENITY, N.S.A.C., FOREST KNOLLS, CA 94933

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CAMP SERENITY CRYSTAL CREEK

## SUGGESTION As A Healing Agency

Suggestion is destined to play an important role in the life of many. Faith, hope, expectancy and belief are powerful therapeutic agents. Thought is the basis of all actions. Man is dual, possessing a conscious and a subconscious mind, sub-conscious life presides over nutrition and is wonderfully influenced by thoughts generated in the conscious mind. Every thought we think has its effect on every cell of the human body, either for health or disease. Anger, fear, hatred, jealousy, and despair, depress vital action. Faith, hope, happiness and kindness stimulate the life forces and promote nutrition. Depressing thoughts create disease and kill. Thoughts can turn the hair gray in a few hours, depress the heart action, making the countenance turn pale in a few moments; suspend respiration, stop the flow of gastric juice; arrest digestion; retard the action of the liver and produce jaundice; constipate the bowels or produce diarrhea; cause incontinence of urine; reduce the normal temperature or create a fever; paralyze the brain and suspend consciousness. A thought can produce instant death. Certainly an agent like this is worth reckoning with. Through suggestion or the control of the mind, the most wonderful results can be achieved in the destiny of the human race, morally, intellectually and physically. Through the process of evolution, from the remote cycles of time, cosmic consciousness has been struggling upward and has finally produced an animal, man, who has a rapidly developing brain. He is just entering upon the exercise of this newly developed organ. A new era is just opening up for the human family, the era of mind. Every man is what he thinks. Thought messages of love sent in any direction come back in sweet echoes. They are like light reflected and re-reflected in a series of mirrors. Under proper conditions of life and healthy

CONT'D ON PAGE 2

### Editorial

## One Year Old

The Serenity Sentinel is now in its twelfth month of publication, Dedicated to serving the purpose of Modern Spiritualism as presented by the National Spiritualist Association of Churches.

Looking over the past year of growth and expansion, we see the sustaining power of Spirit which never once failed in time of need.

Through the efforts and support of our readers we have been able to send complimentary subscriptions to state universities, colleges and public libraries, sharing the light and blessings of Modern Spiritualism.

The Sentinel faces the new Era of the seventies with the Spirit of joyous enthusiasm. Like a child it has crawled and is now beginning to walk on the path of service to Spirit. We invite you to join us on this path of service and share with others the Serenity Sentinel.

To our many faithful friends who have written such beautiful letters of encouragement, we thank you.

As the growth of our paper has reached a point which makes it necessary to install an automatic mailing system, we ask your patience should your paper be delayed. The change over in the mailing system is in process and is scheduled to be completed in approximately three months.

In order that we may better serve the purpose to which our paper is dedicated, a new column will be appearing in the February issue of the Sentinel entitled "LEST WE FORGET". We invite you to send in the name or names of those who now live in the higher life. A donation of one dollar per name is suggested, which will help to carry on the work.



## Declaration of Principles

N.S.A.C.

### 3. WE AFFIRM THAT A CORRECT UNDERSTANDING OF SUCH EXPRESSION AND LIVING IN ACCORDANCE THEREWITH CONSTITUTE TRUE RELIGION.

A correct understanding of the laws of nature on the physical, mental and spiritual planes of life and living in accordance therewith, will unfold the highest aspirations and attributes of the Soul, which is the correct function of True Religion.

### Suggestion (CONT'D FROM PAGE 1)

thoughts, man possesses within his own body all essential antitoxins to restore and maintain perfect health. Good living and wholesome thoughts increase the vis medicatrix naturae, and the poisonous bacilli are destroyed as soon as they enter the body. The contrary is also true; the feeling of fear, for instance, lessens the vital action, obstructs the functions of all the glands, retards the secretion of the gastric juice, diminishes the vitality of the red and white corpuscles, the standing army of the body, and so the invading host of bacilla enter and take possession and destroy life. How often the healthy self-poisoned physician enters the sick room where the patient is crying with despair, and sinking under the burden of fear, and by his strong personality turns back the tide of fate, changing defeat into victory, and saves the patient's life.

What does this? Medicine, drugs, surgery? No, it is suggestion. There is something in the practice of medicine beyond the mere giving of drugs; even the puling infant feels it. Healthful and harmonious thoughts cool the fevered temperature and rouse the vitality, dissipate restlessness, bringing order out of chaos, and tend to cure body and mind.

It is also important to consider, in connection with the foregoing, that by inspiring the patient with good thoughts, with ideas of recovery, hope and cheerfulness, he is better prepared to receive an influx of the strengthening and curative magnetic fluids emanating from either incarnate or decarnate spirits. Furthermore when the patients mind is thus inspired, it is much easier for a clairvoyant to perceive the seat and cause of the disease and to receive from a spiritual source a knowledge of such additional remedy as may be beneficially applied.

LIGHT OF SERENITY LYCEUM

## A CHILD SPEAKS From the World of Spirit

by K.H. Nagrani

Now I shall explain further what I have said about children wishing to have their own rule. Hear further news.

A child is a flower, don't interfere with it needlessly. Leave it, and see how it grows and blossoms like a flower. Leaving does not mean that if he goes and sells his clothes in the bazaar, you should not interfere. It is your duty to give him proper mental background. Fill his mind with beautiful things and then leave him alone and see how he goes on.

Anger has the effect of sapping a child's vitality so don't be angry with him, not only with him but show no anger in his presence toward anyone. Anger produces fear. Fear ruins a child's strength, then why show anger. With love you will be able to capture the heart of any child.

Don't regard a child to be a fool; children also have great sympathy for their elders and a great deal of love for them. If you wish a child to do anything for you, treat him as a friend and appeal to his noble sentiments and reason, then see how he stands by you, even far better than elders. If your approach is by threats or beatings, the desire of the child to assert himself gets the better of him. Now supposing a child wants a toy with a large sum of money. Don't beat him. Instead, if you explain to him that it is not possible for you to purchase that toy and that if you do so, he would have to starve for a couple of days, the child will not only give up the toy but his pocket money as well. Trust a child, but don't regard him as worthless. He is also a soul and he is also a spirit and deserves to be treated as such. Allow the child to go his own way. If you think that he is becoming corrupt, appeal to his reason or allow him to do it and when he realizes the harmful conclusions he will note the things for himself.

Treat the child with the same consideration as you would treat an elderly person, but do not expect the same wisdom from him.

Daddy, when you were nine or ten, you were not as wise as you are today. So why worry if Pushpa or Jasoti (Shyam's sisters) behave as children may be expected to behave? Don't expect from a child the wisdom of an elderly person. Never forget that a



child is after all a child and you must not treat him as if he were older. How can you compare the wisdom of an adult with the sense of a child? That is all for today. Next time, I shall tell you five more things about children.



## Prayers of Black Eagle



Loving Father, in Thy service may I ever be untiring. Speak to me in the silence; direct me according to Thy will. May I see reflected in the faces of mankind a reflection of the Divine. May I not criticize or condemn one act of any human being, but, project mighty love upon all.

## Appreciation

Many of the beautiful messages found in your Serenity Sentinel come from folks like you who want to share with others their wonderful Spiritual experiences.

The Serenity Sentinel is the medium of sharing. Your contributions guarantee the publication.

For your comments and convenience our address is listed in the subscription blank on the last page of the Sentinel.

### THE REDWOOD CHURCH N. S. A. C.

Science Philosophy Religion  
Devotional Services  
Sun. 10:45 A.M.  
Rev. Clyde Dibble  
Pastor

149 Clinton St. Redwood City, Calif.  
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# WHY MEN SIN

By Suzanne Bray

Sin can be defined as transgression of, or violation of Law, either deliberate or unintentional, as the result of ignorance. Sin is also defined as being out of Harmony with God and Nature. An idle mind is the "Devil's Playground" and lack of mental and Spiritual development is the primary reason for man's sins. Physically and mentally man is in bondage. Physical freedom will result when man grows to understand and comply with Nature's Laws, which manifest through Infinite Intelligence. Mental freedom and the Salvation of the soul will result with the education of the senses. To unshackle the bonds of the race mind and its stereotyped approach is to inspire man to do his own original thinking and to grow from within in an effort to free himself from the curse of ignorance.

Morally man is a free agent. He has the will to choose between good and bad, right and wrong. Creation guarantees duality. Each man, subject to his own inner Spiritual growth and development, has the right to regulate his own decisions which makes him a Free Moral Agent! We are all endowed inwardly with the voice of God monitoring the Soul through "Conscience". The stage of development latent within each soul varies in degree thus causing different levels of morality with each individual.

Man's potentials for growth are limitless. He has traveled far in his upward progression toward Spiritual perfection. A journey of a thousand miles begins with but a "single step"!

## The Fool Materialist

A fool denies the existence of air because he cannot see or hear it. A materialist denies the existence of Spirit for the same reason. Yet both are indispensable to their life.

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## The Twenty-Third Psalm

by Louise Bird

THE LORD IS MY SHEPHERD: I SHALL NOT WANT.

God is my personal guide. I could not want for anything more. God is in me and I am potentially perfect because of the God-consciousness that has been a part of me since I was created, many eons ago. I have travelled through many stages of development and through them all was the guiding hand of God straightening the crooked pathway unfolding before me. Through me, God is manifesting one perfect part of his being and He is doing the same through every man that now, or ever has, breathed the breath of life. Potentially, I am in perfect harmony and grace. Peace is possible within me and every man. Belief or disbelief cannot change the potential; it is truth whether one believes it or not. Even those who seem utterly lost and drifting in limbo are potentially perfect in peace and grace. God is at the helm of the life-travels of all souls and they cannot, therefore, stray beyond redemption. Not one life is more potentially perfect than is another; not one life is more precious to God than is another. God judged us to be PERFECT at the moment of creation and nothing can change that. What a joy it is to know that I am not destined to sin and fire; to realize that I was not born out of sin but in the most perfect conditions of God's love; the gift of life!

## THE LAW

I ask no good where e'er I go  
That I have not by service won:  
Nor ask that any joy shall flow  
Into my life - if it be none  
Have given joy. I cannot draw  
From empty store. It is the law.

I hold this true - it is my creed -  
Within me lies my heaven or hell;  
It is by my own thought or deed  
I build the home where I must dwell.  
A marble mansion-tent of straw-  
I am the builder it is the Law.

My harvest is the yet to be-  
Is that which here and now I sow;  
I am uplifted and made free  
By that of wrong which I outgrow.  
If life lines I distorted draw  
I must erase them. It is the law.

I wear the garments I must wear,  
If beggar's rags - or robe of king.  
'Tis I the warp and woof prepare,  
'Tis I alone the shuttle fling.  
No one for me can thread withdraw.  
Myself alone. It is the law.

My Savior is the good I've done  
For this alone my heaven is grown.  
My crown, the Love that I have won  
And deep within is God enthroned.  
I to myself will surely draw  
That which is mine. It is the Law.

None questions, but the voice within  
And my accuse is the soul;  
My judge is that stern discipline  
That ever seeks to make me whole.  
I cannot from this court withdraw.  
I must bear witness. It is the Law.

Mary March Baker

## Perseverance

If a task is once begun  
Never leave it till it's done.  
Be the labor great or small,  
Do it well or not at all.

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## A CATECHISM OF SPIRITUAL PHILOSOPHY



By W. J. Colville

### LESSON 1.

**Q. How can we determine what is right and wrong, or beneficial and harmful?**

A. By actual experience of the fruits of conduct, added to an intuitive sense of indwelling conscience, which we all possess.

**Q. Do our unseen friends and guardian spirits give us information concerning right and wrong?**

A. Undoubtedly they do, and they inspire us in the same manner that we help each other mentally and morally in ordinary ways through mental telepathy.

**Q. Ought we to always follow spiritual promptings?**

A. Yes, if they appeal to our inner sense of right, but not otherwise.

**Q. Do we always know when we are spiritually prompted?**

A. Yes, we feel an influence, but cannot always determine from whence it emanates.

**Q. Can we discover its source and nature?**

A. Yes, by observing the effect it has upon us; if it proceeds from a high and holy source, it always brings with it a sense of moral elevation.

**Q. If any of our spirit friends are unenlightened and yet communicate with us, how should we treat them?**

A. Exactly as we should behave toward associates on earth who need our help.

**Q. Is the spiritual world all about us?**

A. Yes, it occupies the unseen spaces.

### Andrew Jackson Davis

Andrew Jackson Davis (1826-1910), great American seer and founder of the Harmonial Philosophy, has been called the 'John-the-Baptist' or prophet of Modern Spiritualism. Being the forerunner of Spiritualism he is rightly regarded as its father and founder. Even after Spiritualism was established he was the principal director and advisor of the movement, both through his personal activities and through his lectures and writings. For this reason

in our atmosphere and extends far beyond our visual horizon.

**Q. When are we most conscious of the spirit world?**

A. When we are asleep and when we are very quiet or in a state of reverie.

**Q. Can we escape communion with spiritual beings?**

A. No, we cannot; but we can largely regulate the nature of our unseen associations by regulating our desires and thoughts.

### A Short Biography

Spiritualism has borne the impress of his personality and work from the beginning.

During his association with Spiritualism, Dr. Davis produced most of his 33 volumes of philosophical writings - all dealing with Spiritualism. His chief work, Nature's Divine Revelations, was written in 1846, two years before the birth of Modern Spiritualism.

But, during his activity in connection with Spiritualism, Dr. Davis was not, in the strict sense of the word, a Spiritualist. He believed in Spiritualism and taught it - in this respect he was a Spiritualist. But, his works were not the products of any regular form of mediumship. They were neither dictated to him nor given to him by spirit teachers. They were produced by means of his own conscious and voluntary powers...a result of his own particular personality and genius.

(To be continued in subsequent issues)

### SEMINARS on the Science Philosophy Religion of Modern Spiritualism

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Conducted by

Richard P. Goodwin

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